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NEW!

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Learn more, and watch Joy's latest clips!

SUCCESS STORY



As the resident nutrition expert for NBC's *Today* show, Joy helps millions of Americans lead healthier lives. She

appears weekly to share expert health information, answer viewers' questions, and welcome successful dieters into the Joy Fit Club!

[Watch the latest clip](#)[See more Joy Bauer on TV](#)**FREE Diet Profile**Height: 0 ft 0 inWeight: lbsGoal: lbsE-mail: Age: years Gender: ☐ M ☐ F[Click Here – It's FREE!](#)We'll send a special follow-up e-mail. [Privacy Policy](#)

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Blood pressure is one of the most important measures of heart health. Learn what it means when your numbers are high and how changing your diet can help bring them down.

Discover the best foods for hypertension, heart-healthy recipes, and more!

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If you have an iPhone, I strongly encourage you to run (digitally, of course!) to the App Store and download my FREE app called ...

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